


# January Activities - Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

[UrbanaSeniorCenter@FrederickCountyMD.gov](mailto:UrbanaSeniorCenter@FrederickCountyMD.gov) 301-600-7020

[www.FrederickCountyMD.gov/seniorservices](http://www.FrederickCountyMD.gov/seniorservices)

Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

<b>Mondays</b> <b>9:00-3:00</b>	<b>Tuesdays</b> <b>9:00-8:00</b>	<b>Wednesdays</b> <b>9:00-3:00</b>	<b>Thursdays</b> <b>9:00-3:00</b>
<p><b>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk *.</b>  <b>Activities are subject to change.</b>  <b>Lunch is served at Noon each day. Reservations are required at least 48 hours in advance.</b></p>			
<b>Dec. 31</b> 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 1:00 Rummikub	<b>1 Center is Closed</b> 	<b>2</b> 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise <b>1:00 *Artful Creations: 2019 Wishes</b>	<b>3</b> 9:30 Strength Training 10:45 Daily Exercise 11:15 Safety Minute "Fire Prevention & Safety" <b>1:00 *Ice Cream Social</b>
<b>7 New Session of Tai Chi</b> 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge <b>Noon *Basic Tai Chi</b> <b>1:00 *Advanced Tai Chi</b> <b>1:15 Book Club: "The Black Book" by James Patterson</b>	<b>8</b> 9:30 Daily Exercise 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper 6:00 Cards and Games	<b>9</b> 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise <b>11:30 Chat with Joy: Real Estate Concerns for Seniors</b> 12:15 Yoga (open studio) 1:00 Cards/Games	<b>10 New Session of Line Dance</b> 9:30 Strength Training 10:45 Daily Exercise 11:00 Blood Pressure Screening <b>Noon *Lunch with Nurse Steve</b> <b>Nurse Steve's Talk: "Like a fine wine, can our bodies improve with age?"</b> 1:00 Cards & Games <b>1:30 *Line Dancing</b>
<b>14 Health Education 101 "Safe Snow Shoveling"</b> 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise <b>11:30 Hallway Art</b> 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub <b>1:00 Let's Connect: Memory Writers Group</b>	<b>15 Health Education 101 "Safe Snow Shoveling"</b> 9:30 Daily Exercise 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class <b>5:15 *Supper: Fried Chicken</b> <b>6:00 *Inside Scoop: Paint Night</b>	<b>16 Health Education 101 "Safe Snow Shoveling"</b> 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 12:15 Yoga (open studio) 1:00 Cards/Games <b>1:30 Know Your Coverage</b>	<b>17 Health Education 101 "Safe Snow Shoveling"</b> 9:30 Strength Training 10:45 Daily Exercise <b>Noon *Winter Wonderland Luncheon</b> 1:00 Cards & Games <b>1:00</b> <b>1:00 *Movie Matinee: "Frozen"</b> 1:30 *Line Dancing
<b>21 Center is Closed</b> 	<b>22 Nutrition Minute "Check it Out: Fruit"</b> 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper 6:00 Cards and Games	<b>23 Nutrition Minute "Check it Out: Fruit"</b> 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise <b>12:15 *Yoga (New Session)</b> 1:00 Cards/Games <b>1:30 Armchair Travel: Turkey &amp; Greece</b>	<b>24 Nutrition Minute "Check it Out: Fruit"</b> 9:30 Strength Training 10:45 Daily Exercise 1:00 Cards & Games 1:30 *Line Dancing
<b>28</b> 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi <b>1:00 Teens Teach Tech</b>	<b>29</b> 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper 6:00 Cards and Games	<b>30</b> 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 12:15 *Yoga <b>12:45 *Artful Creations: Heart Trees</b> 1:00 Cards/Games	<b>31 Center is Closed for Staff Training</b> 

(see other side for program highlights)